

Urbana Senior Center

UrbanaSeniorCenter@FrederickCountyMD.gov ♦ 301-600-7020 ♦ www.FrederickCountyMD.gov/aging

March Program Highlights

Stitching Post

Come to knit, crochet, or just talk. Members of this informal group help each other with projects, patterns, and learning new skills.

Date/Time: Mondays 10:00 a.m. Free

Date/Time: Tuesdays 1:00 p.m. Free

Dance Exercise Program

Instructor led dance exercises featuring movements from different ethnic groups.

Date: Thursdays

Time: 10:30 a.m. **Cost:** Free

English Conversation

Learn useful idioms, common words and phrases. Practice vocabulary skills and develop English conversation skills. This class is for people who know basic English but want to improve. **Space is limited.**

Date: Tuesdays

Time: 10:00 a.m. **Cost:** Free

Plant a Flower Day

International Earth Day

Spring is just around the corner. Plant some seeds and start your garden growing.

Date: Wednesday, March 12 (flower seeds)

Date: Thursday, March 20 (vegetable seeds)

Time: Drop-in **Cost:** Free

St. Patrick's Day Lunch

No matter what your nationality, St. Patrick's Day is a fun holiday to celebrate! Lunch will include corned beef, boiled red potatoes, cabbage, carrots, corn muffins, and cake.

Date: Monday, March 17

Sign-up by Wednesday, March 12

Time: Noon

Cost: \$4.80 (Regular meal cost)

International Waffle Day

Waffles (and sides) for dinner!

Date: Tuesday, March 25

Sign-up by Monday, March 24

Time: 5:30 p.m.

Cost: \$4.80 (Regular meal cost)

Chinese Mah Jong

Come play the leisure game of Chinese Mah Jong. Enjoy exercising your brain.

Date: Tuesdays

Time: 1:00 p.m. **Cost:** Free

Breakfast for Lunch & Ask Nurse Steve

Bring your friends and enjoy a delicious breakfast for lunch. A variety of breakfast foods will be offered. Nurse Steve's talk will be "Is just old age or should I be concerned?...A discussion on signs and symptoms that need medical attention."

Date: Thursday, March 13

Sign-up by Tuesday, March 11

Time: Noon

Cost: \$4.80 (Regular meal cost)

Mobile Information and Assistance (I&A)

A team from MD Food Bank, Energy Assistance and the Department of Aging will visit the center to provide information, answer questions and complete applications for SNAP (food stamps), Energy Assistance, and Medicare Subsidies.

Date: Thursday, March 13

Appointments are encouraged

Time: 11:00 a.m. **Cost:** Free